

Raspberry Rosewater Smoothie

Yield: 1 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/pistachio-rosewater-turkish-delight-recipe>

Ingredients:

- 1 cup yogurt
- 6 ounces raspberries
- 1 banana small
- 1 teaspoon ground flax seeds
- 1 teaspoon honey
- 1/8 teaspoon rosewater
- 2 teaspoons pistachios chopped

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 25 milligrams
4. Fat: 11 grams
5. Fiber: 17 grams
6. Protein: 10 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 95 milligrams
9. Sugar: 37 grams

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